



100% BC Owned and Operated

School Bytes

Seminars and Events are back !

Free Seminar, Thursday, Sept. 9, 1:00-5:00pm. *Ask the Dietitian: Healthy Foods for the Fall* with Choices' Dietitian Nicole Fetterly, RD.
Choices Markets Kitsilano, 2627 W. 16th Ave, Vancouver. No registration required.
Saturday, Sept. 11, 8:00am-12:00pm. *Prostate Cancer Awareness Event and Pancake Breakfast* with Dr. Caleb Ng, ND.
Choices Markets South Surrey, 3248 King George Blvd. Cost \$5.00.

Kiju Organic



100% Juice Blends
assorted varieties
2/4.00
3/250ml - 1 L
+ deposit + eco fee

Stash Premium Teas



assorted varieties
2.29
18-20 ct • product of USA

Larabar Energy Bars



assorted varieties
4/5.00
48-51g • product of USA



So Nice Fresh Soy Beverages
assorted varieties
2/4.00 946ml



Imagine Foods Organic Soup
assorted varieties
2/6.00
1 L • product of USA

Olympic Regular and Organic Multipack Yogurt



assorted varieties
4.69
6 / 12 x 115g
product of Canada



Ethical Bean Organic Fair Trade Coffee
assorted varieties
7.99
340g • product of Canada



Valley Pride Organic Fresh Milk
skim, 1%, 2% or 3.25%
7.99
4 L • product of Canada

Simply Natural Organic



Pasta Sauces
assorted varieties
2/7.00
739ml • product of USA

Dairyland Creamo

assorted varieties
from 1.39 500ml • product of Canada

Pastificio Di Martino Pasta

assorted varieties
3/4.98 454g • product of Italy

Nature's Path Enviro Kids Eco Pack Cereals

assorted varieties
5.99 650 - 800g • product of Canada

Bulk Department

Oriental Rice Crackers

prepacked or bins
20% off regular retail price

From Our Wellness Centre

Botanica Wild Oregano Oil



Regular or Extra Strength
Buy one, get one free!
15ml • regular cost 14.99-18.99
There's never been a better time to stock up on this popular remedy before cold and flu season hits!



Alacer Emergen-C
17.99 39 pack
An energy booster with vitamin and mineral complexes. Several flavours to choose from.



Nordic Naturals Cod Liver Oil
25.99 237ml
See in-store for special retails on all Nordic Naturals products.



Sequel Shake & Go Smoothie
19.99 300g

Whole food goodness with a great blended smoothie taste-instantly! A delicious, healthy, plant-based whole food beverage ideal for the entire family, it is packed full of protein, fibre, omega-3, probiotics, and greens. Just add water, shake, and go!

choicesmarkets.com

Kitsilano
2627 W. 16th Ave.
Vancouver
604.736.0009

Cambie
3493 Cambie St.
Vancouver
604.875.0099

Kerrisdale
1888 W. 57th Ave.
Vancouver
604.263.4600

Yaletown
1202 Richards St.
Vancouver
604.633.2392

Choices in the Park
6855 Station Hill Dr.
Burnaby
604.522.6441

Rice Bakery
2595 W. 16th Ave.
Vancouver
604.736.0301

South Surrey
3248 King George Blvd.
South Surrey
604.541.3902

Choices at the Crest
8683 10th Ave.
Burnaby
604.522.0936

Kelowna
1937 Harvey Ave.
Kelowna
250.862.4864
Note Area Code

Prices Effective September 2 to September 8, 2010. While quantities last.

From the Meat Department



Chilean Crab Meat

15.99 1 lb

Boneless Pork Loin Centre Cut,
Pork Chop Rib End, Pork Roast



Centre Cut

4.99lb/11.00kg



Boneless Pork Chop Sirloin End,
Pork Roast Sirloin End

3.49lb/7.69kg

Choices' Own Gourmet

Pork Sausages



sweet or hot Italian or chorizo

4.99lb/11.00kg

Top Sirloin Steak Canada Grade A value pack

4.99lb/11.00kg

Boneless Pork Roast Rib End

3.99lb/8.80kg

Grocery Specials

Libertè Greek 0% M.F. Yogurt

plain or vanilla



3.99

500g • product of Canada



Black Diamond Cheese

assorted varieties



from 3.99

200g • product of Canada

La Tortilla Sandwich Wraps

assorted varieties

2/6.00 368-496g

Spectrum Mayonnaise

Canola, Eggless or Organic Soy - select varieties

4.99 473-946 ml • product of USA

Old Dutch Potato Chips

assorted varieties

2/5.00 235g • product of Canada

Granola King Gourmet Granola

two varieties

7.99 750g • product of B.C.

Leclerc Celebration, Vital or Praeventia Cookies

assorted varieties

2.99 175g-340g

EchoClean 2X Concentrated

Liquid Laundry Detergents

two varieties

6.99 1.5 L • product of Canada

MaraNatha No Stir



Peanut Butter

crunchy or smooth

2/7.00

500g • product of USA

Healthy Way Organic

Grains Bread



assorted varieties

2.99

570-600g • product of Canada

Barbara's Bakery Fig Bars

assorted varieties

3.99 340g • product of USA

Amy's Kitchen Single Serve Frozen Pizzas

select varieties

2/7.00 176-204g • product of USA

Anita's Organic Cookie Mixes

Chocolate Chip or Cinnamon Raisin Oat

2/7.00 325-354g • product of Canada

Belsoy Organic Soy Pudding

assorted varieties

2.99 4/125g

Sun-Rype Fruit-To-Go

assorted varieties

4/1.00 14g • product of Canada

Produce



Hot House Red Tomatoes on the Vine
from Origin O Farms

B.C. Grown, Certified Organic

2.48lb/5.47kg

New Crop Sunrise Apples

from Nature's First Fruit

B.C. Grown, Certified Organic



3.98 3lb Bag



Green Seedless Grapes

Certified Organic,
California Grown

1.68lb/3.70kg

Assorted Fresh Beans

from Garden Back to Eden;

Dragon Tongue, Heirloom Yellow and Purple



B.C. Grown,
Certified Organic

2.98lb/6.57kg



White Nugget Potatoes

B.C. Grown

.98lb/2.16lb

Prune Plums

B.C. Grown



.98lb/2.16lb

From the Deli

Specialty Roasted Chickens



assorted flavours

2.00 off

regular retail price

Creamy Coleslaw

.99/100g reg 1.69

Cheese Feature

Bothwell Cheese



Monterey Jack,
Jalapeno Jack or Edam

1.99/100g

reg from 3.19

Rice Bakery



Brown Rice Hamburger Buns

3.99 package of 4

Available in the frozen food department
at Choices Markets Kelowna.

Rice Chocolate Chip Cookies



3.99 package of 6

From Our Bakery



Wholesome Country Sourdough Bread

2.99 575g



Cornmeal Raisin Bread

2.99 550g



Choices' Deluxe Granola

12.99 900g



Raisin Bran Muffins

4.99 package of 6



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using vegetable inks

Not all items available at all stores.
We reserve the right to correct printing errors.